

Entry Level Standards			
Event	Ages	14-16	17-20
300 Meter Run	Male Female	78 Sec 89 Sec	70 Sec 83 Sec
Push-Ups	Male Female	8 Reps 8 Reps	13 Reps 13 Reps
Sit-Ups	Male Female	15 Reps 10 Reps	20 Reps 15 Reps
1.5 Mile Run	Male Female	16:10 17:10	15:45 16:45

Mid-Term Standards			
Event	Ages	14-16	17-20
300 Meter Run	Male Female	72 Sec 82 Sec	66 Sec 79 Sec
Push-Ups	Male Female	21 Reps 15 Reps	26 Reps 21 Reps
Sit-Ups	Male Female	24 Reps 16 Reps	28 Reps 22 Reps
1.5 Mile Run	Male Female	14:50 16:40	14:25 16:10

Graduation Standards			
Event	Ages	14-16	17-20
300 Meter Run	Male Female	65 Sec 75 Sec	62 Sec 75 Sec
Push-Ups	Male Female	35 Reps 25 Reps	40 Reps 30 Reps
Sit-Ups	Male Female	30 Reps 25 Reps	35 Reps 30 Reps
1.5 Mile Run	Male Female	13:30 16:15	13:15 15:46

Revised 8/8/17